

Buy the less expensive grades of beef. They are leaner and just as flavorful and nutritious, although they take more time to prepare.

Because produce is often sold by quantity rather than weight, weigh produce items to get the heaviest individual pieces.

Make your own soups and sauces if you are cooking for two or more people.

Buy real fruit juices. They are a better value and more nutritious than artificially constituted juices.

Use powdered skim milk in recipes calling for milk.

Fish, poultry, cheese, eggs, peanut butter, dried peas and beans are excellent sources of protein and generally less costly than meats, especially cold cuts, hot dogs and bologna.

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# The Food Stamp **SHOPPER'S GUIDE**



**Department of Social Services**  
**Food Stamp Program**  
700 Governors Drive  
Pierre, SD 57501

A Recipe for

# Smart Shopping

**T**he Department of Social Services' Food Stamp Program helps ensure nutritional health and well-being for low-income persons working toward self-sufficiency. Food stamps help families buy more food than they could otherwise afford.

The following checklist is designed to help food stamp users plan and prepare more healthful diets.

## Planning

Plan your meals before you go shopping so that you buy only those foods that you need.

Make a list of what you need and stick to it.

Check newspaper ads and handbills for sale items and money-saving coupons, but do not assume that a product is a good buy just because it's on sale.

Use discount coupons whenever possible, but only for those things you need.

## Shopping

Never shop for food when you're hungry or you will find yourself buying foods you really do not want or need.

Do not take your children shopping with you. Many food products are designed to appeal to children.

Be aware of product packaging. Fancy packaging often adds to the cost.

Do not be tempted by "end-of-the-aisle" displays. They may not be good buys.

Always return defective food items, asking for a replacement or money refund.

## Buying

When possible, buy store-name or generic food products rather than nationally advertised brands; they often cost less with little or no difference in quality.

Use "unit pricing"—using an equal weight or quantity—to compare the cost of similar foods.

Avoid "convenience foods" such as skillet helpers, TV dinners or other products in which most of the preparation is done for you. It's usually less expensive to assemble the ingredients you need to prepare these foods from scratch.